

These are just some of the incidents for which CISM has provided support and assistance

- Employee death
- Employee illness
- Employee injury on or off the job
- Assault on employee
- Loss of a loved one
- Loss of property (fire/accident)
- Work stress
- Family problems
- Help for first responders to inmate suicide, attempted suicide, death in custody

Team members have received training in individual and group crisis intervention which is endorsed by the International Critical Incident Stress Foundation.



Members of the Critical Incident Stress Management Team are here to help you in your time of need.

Please don't hesitate to call or contact any member of the team if you need help or just someone to talk to.

***ALL CONTACTS WITH CISM  
ARE COMPLETELY  
CONFIDENTIAL.***

---

## DOCR CRITICAL INCIDENT STRESS MANAGEMENT TEAM

---



Helping DOCR employees recover from traumatic incidents and build resilience in the face of correctional stress





## WHO WE ARE

Laurie Mombay, LCPC  
Program Administrator  
240-773-9761 (office)  
240-753-2075 (cell)

Godfred Ababio	240-773-4240
Alexander Baker	240-773-9704
Lanora Dixon	240-777-9786
Ayodeji Durojaiye	240-773-9779/9774
Lia Felker	240-777-9849
Patricia Garvey	240-777-9810
Caitlin Greaney	240-777-9862
Naheshema Jackson-Sutton	240-773-9704
Nickolas Knowlton	240-773-9704
Carl Mande	240-773-9868
Dana Pate	240-773-9704
Carmen Solis	240-777-5491
Alicia Veney	240-773-9843
Warren Wallingford	240-773-3304

## IF YOU EXPERIENCE A TRAUMATIC EVENT

Even after the event is over, you may experience some strong physical or emotional reactions. It is completely normal for these reactions to occur and they may appear within hours or sometimes not until days or weeks later. Having someone to talk to about the event and your reactions can be very helpful to your recovery. Below are listed some common signs and symptoms of a stress reaction.



### PHYSICAL SYMPTOMS: \*

Shortness of breath	Sweating	Fatigue
Nausea/vomiting	Chills	Headache
Muscle tremors	Dizziness	Chest pain
Increased heart rate	High blood pressure	
Changes in appetite	Disrupted sleep	

\* Any of these may indicate a need for medical attention. When in doubt, call your doctor.

### STRATEGIES:

Exercise, especially within the first 24-48 hours  
Get plenty of rest.  
Eat well and stay hydrated.  
Limit caffeine and alcohol intake.

### EMOTIONAL/BEHAVIORAL SYMPTOMS:

Depression	Fear	Guilt
Anxiety/Panic	Agitation	Irritability
Social withdrawal	Intense anger	
Increased alcohol consumption		

### STRATEGIES:

Understand that you are having a normal reaction to an abnormal situation. Be kind to yourself.  
  
Spend time with and talk to others. Encourage them just to listen without offering advice.  
  
Don't make any major life decisions or changes.

### COGNITIVE SYMPTOMS:

Confusion	Nightmares
Hypervigilance	Poor memory
Poor concentration	Suspiciousness
Poor attention span	Intrusive thoughts

### STRATEGIES:

Don't try to fight the nightmares, flashbacks and intrusive thoughts. They are normal and will decrease over time.  
  
Contact EAP for help at 1-855-350-1750 or online at [guidanceresources.com](http://guidanceresources.com)